**Name:**

**HEART RATE**

Your heart rate can be determined by counting how frequently your heart contracts during a given period and converting this number to a standard measure in beats/min. Make sure you press just firmly enough to feel the pulse, if you press too hard, it may interfere with the rhythm.

*Highly-trained endurance athletes usually have low resting heart rates. The average person who participates regularly in an aerobic fitness program will notice a decrease in their resting heart rates.*

**Resting Heart Rate**

Before starting physical activity, record your resting heart rate in 5 different trials (indicate the date of the trial). Once all 5 trials have been completed, calculate your average resting Heart Rate. Highlight your rating

|  |  |  |  |
| --- | --- | --- | --- |
| **RESTING HEART RATE** | | | |
| Trial 1 | Beats/min | Trial 4 | Beats/min |
| Trial 2 | Beats/min | Trial 5 | Beats/min |
| Trial 3 | Beats/min | Average Resting HR | Beats/min |

|  |  |
| --- | --- |
| **Rating** | **Resting Heart Rate**  **Beats/min** |
| Excellent | <60 |
| Good | 60-69 |
| Fair | 70-79 |
| Average | 80-89 |
| poor | >89 |

Determining your Heart Rate.

1. How do you find your resting heart rate? Name at least 2 different ways.

1. What factors affect your resting heart rate? Name at least 4.

1. When is the best time of day to take your resting heart rate?

**Activity Heart Rate and Target Heart Rate**

Immediately after exercise, calculate your exercise heart rate. Indicate the type of activity (run, jog, sport)

Exercise Heart Rate

|  |  |
| --- | --- |
| **Exercise Heart Rate** | |
| Activity | Beats/10 seconds X 6 = beats/min |
| 1 | X 6 = Beats/min |
| 2 | X 6 = Beats/min |
| 3 | X 6 = Beats/min |
| 4 | X 6 = Beats/min |
| 5 | X 6 = Beats/min |
| Average Exercise Heart Rate | /5 = Beats/Min |

**Target Heart Rate**

For healthy people, the *Target Heart Rate* or *Training Heart Rate* (THR) is a desired range of heart rate reached during aerobic exercise which enables one’s heart and lungs to receive the most benefits from a workout. You want to be working out between 70-85% of your maximum heart rate.

Calculating your target heart rate.

|  |
| --- |
| **Maximum Heart Rate: = 220 – Age** 220 - = beats/min |
| **Target - Zone Heart Rate** |
| **Upper Limit** = Max HR x 0.85  = x 0.85 = beats/min |
| **Lower Limit** = Max HR x 0.70  = x 0.70 = beats/min |
| Target – Zone Heart Rate = to beats/min  Lower limit Upper limit |

You will then jog 4 laps of the field to find your results, you can compare them to your previous results.

**Results**

Time to jog 4 laps:

Heart Rate at completion of 4 laps: beats/min

My heart rate at the end of the jog was (circle one)  
*below* my target zone *within* my target *above* my target

Reflection on you results: (3-5 sentences) If you were within, why do you think you were within your THR, if you fell above or below how can you change your jog to fall within you THR